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Psychology: CUET Mock Test - 5

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Psychology: CUET Mock Test - 5 - Question 1 Save

The skills which are core to the field of psychological service are known as:

- **A.** Specific skills
- **B.** General skills
- **C.** Communication skills

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D. Observational skills

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 1

The general skills form the core competencies essential for a psychologist to act in a more responsive and ethical manner. Before entering any professional arena, it, therefore, becomes pertinent for a psychologist to equip himself/herself with these indispensable competencies.

Psychology: CUET Mock Test - 5 - Question 2 Save

Which of the following characteristics is related to effective counsellors?

A. Authenticity

B. Empathy

C. Paraphrasing

D. All of them

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 2

Empathy in counselling is about the counsellor seeing the client's world as they see it. Empathy is to respectfully perceive what the client is bringing from their frame of reference and to communicate that back in a way that makes the client feel they've been understood.

Psychology: CUET Mock Test - 5 - Question 3 Save

Psychologists study many differences based on factor such as ____

A. Occupation

B. age

C. Gender

D. all of them

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 3

Psychologists study different factors which are a consequence of a person’s occupation, age , gender, place, caste etc.

Psychology: CUET Mock Test - 5 - Question 4 Save

Which of the following is not the interpersonal skill?

- **A.** Ability to listen and empathic
- **B.** Interest in other's cultures
- **C.** Respect for others values
- **D.** Ability to solve problems

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 4

Interpersonal skills include verbal and nonverbal communication, the ability to handle conflict, teamwork, empathy, listening, and a positive attitude.

Psychology: CUET Mock Test - 5 - Question 5 Save

Empathy is a part of..... .skills.

- **A.** Communication
- **B.** Interviewing
- **C.** Counselling
- **D.** Psychological testing

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 5

Empathy in counselling is about the counsellor seeing the client's world as they see it. Empathy is to respectfully perceive what the client is bringing from their frame of reference and to communicate that back in a way that makes the client feel they've been understood.

Psychology: CUET Mock Test - 5 - Question 6 Save

_____ Environment denotes the persons physical environment, climate conditions and regional area which play significant role in determining social habits, behavioural tendencies and general outlook towards life.

- **A.** Ecological
- **B.** Social
- **C.** Psycho-social

D. None of the above

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 6

Our psychosocial environment is the interaction of the various sources of stress in our lives and how we respond to them, both individually and as communities. On this page we describe the impacts of environmental stress on health.

Psychology: CUET Mock Test - 5 - Question 7 Save

When a person feels that he or she is not getting something which he/she values, he/she may be experiencing?

A. Deprivation

B. Social disadvantage

C. Poverty

D. Destitution

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 7

Deprivation is the state of being deprived of that which is needed for "normal life". In psychology it might refer to: Animal maternal deprivation. Cultural deprivation. Environmental deprivation.

Psychology: CUET Mock Test - 5 - Question 8 Save

_____ is the term used to refer to the situation in which individuals change their beliefs or behaviours so that they become more similar to those of other group-members.

A. Attribution

B. Conformity

C. Dissonance

D. None of the above

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 8

Conformity is the act of matching attitudes, beliefs, and behaviors to group norms, politics or being like-minded. Norms are implicit, specific rules, shared by a group of individuals, that guide their interactions

with others.

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Psychology: CUET Mock Test - 5 - Question 9

Save

An augmentation in behaviour due to the presence of other individuals is known as?

- **A.** Imitation
- **B.** Social facilitation
- **C.** Interaction
- **D.** None of the above

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 9

Social facilitation is a social phenomena in which being in the presence of others improves individual task performance.

Psychology: CUET Mock Test - 5 - Question 10

Save

Identification can result in _____ or conforming to the expectations of admired persons.

- **A.** Internalisation
- **B.** Imitation
- **C.** Modelling
- **D.** None of the above

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 10

Modelling is a method used in certain cognitive-behavioural techniques of psychotherapy whereby the client learns by imitation alone, without any specific verbal direction by the therapist, and a general process in which persons serve as models for others, exhibiting the behaviour to be imitated by the others. This process is most commonly discussed with respect to children in developmental psychology.

Psychology: CUET Mock Test - 5 - Question 11

Save

A collection of people around a roadside performer is an example of—

- **A.** Group
- **B.** Crowd
- **C.** Mob
- **D.** Audience

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 11

A crowd is defined as a group of people that have gathered for a common purpose or intent such as at a demonstration, a sports event, or during looting, or may simply be made up of many people going about their business in a busy area.

Psychology: CUET Mock Test - 5 - Question 12

Save

You like your mother. Your mother does not like pets. You like pets. The trial is___

- **A.** Balanced
- **B.** Imbalanced
- **C.** Balanced for your mother but imbalanced for you
- **D.** None of these

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 12

The trial would have been balanced if the mother too liked pets. In a trial system, The organism being subjected to operant conditioning may be given reinforcement in every acquisition trial or in some trials it is given and in others it is.

Psychology: CUET Mock Test - 5 - Question 13

Save

The emotional component of attitude is also called _____ component.

- **A.** Cognitive
- **B.** Affective

◯ **C.** Psycho-motor

◯ **D.** None of the above

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 13

Affective component: this involves a person's feelings / emotions about the attitude object.For example: “I am scared of spiders”.

Psychology: CUET Mock Test - 5 - Question 14 Save

Systematic desensitisation begins with some form of—

◯ **A.** Instrumental conditioning

◯ **B.** Relaxation training

◯ **C.** Instrumental training

◯ **D.** None of the above

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 14

Systematic desensitisation is an evidence-based therapy approach that combines relaxation techniques with gradual exposure to help you slowly overcome a phobia.

Psychology: CUET Mock Test - 5 - Question 15 Save

Cognitive therapy for the treatment of depression is given by—

◯ **A.** Albert Ellis

◯ **B.** Sigmund Freud

◯ **C.** Aaron Beck

◯ **D.** None of the above

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 15

Aaron Temkin Beck was an American psychiatrist who was a professor in the department of psychiatry at the University of Pennsylvania. He is regarded as the father of cognitive therapy and cognitive behavioral therapy.

Psychology: CUET Mock Test - 5 - Question 16

Save

"I should be loved by everybody." This irrational thought can be treated by—

- **A.** Psychodynamic Therapy
- **B.** Behaviour Therapy
- **C.** RET
- **D.** Existential Therapy

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 16

Rational Emotive Therapy (RET) is a form of cognitive-behavioral therapy (CBT). The primary focus of this treatment approach is to suggest changes in thinking that will lead to changes in behavior, thereby alleviating or improving symptoms.

Psychology: CUET Mock Test - 5 - Question 17

Save

"I should be loved by everybody." This irrational thought can be treated by__

- **A.** Psychodynamic Therapy
- **B.** Behaviour Therapy
- **C.** RET
- **D.** Existential Therapy

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 17

You see a therapist because you are feeling depressed. Together, you and the therapist isolate some of the negative thoughts that you seem to repeat to yourself. You then counter those negative thoughts with rational positive thoughts. This is RET.

Psychology: CUET Mock Test - 5 - Question 18

Save

The physical, environmental and social causes of the stress state are termed___

- **A.** Stress
- **B.** Stressors

C. Distress

D. None of the above

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 18

A stressor is an event or situation that causes stress. Just about anything can be a stressor as long as it is perceived as a danger. (Remember: Stress is a response to danger.

Psychology: CUET Mock Test - 5 - Question 19

Save

Frustration-aggression is a very famous hypothesis proposed by___

A. Roger

B. Dollard and Miller

C. Maslow

D. Endler and Parker

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 19

Dollard and Miller believed in the idea of stimulus generalization, or the grouping of similar stimuli together. As a result, behaviors that occur in one situation will be the same in similar situations. Humans categorize and generalize and this is what helps them get through their day.

Psychology: CUET Mock Test - 5 - Question 20

Save

The father of modern stress research is____

A. Elder

B. Lazarus

C. Hans Selye

D. Parker

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 20

Selye, who is known as the 'father of stress research', discovred the study of specific disease signs and symptoms, unlike others before him, and instead focused on universal patient reactions to illness.

Psychology: CUET Mock Test - 5 - Question 21

Save

Hans Selye defined stress as____

- **A.** The patter of responses an organism makes to extreme event that disturbs the equilibrium and exceeds a person's ability to cope.
- **B.** The non-specific response of the body to any demand.
- **C.** All challenges, problems and difficult circumstances.
- **D.** The phenomenon that increases the probability of one's survival.

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 21

Stress is "the nonspecific response of the body to any demand made upon it," that is, the rate at which we live at anyone moment.

Psychology: CUET Mock Test - 5 - Question 22

Save

Which are types of stress appraisal given by Lazarus?

- **A.** Environmental, psychological and social.
- **B.** Primary and secondary.
- **C.** Cognitive, emotional, psychological and social.
- **D.** Physical, personal and social.

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 22

Primary appraisal involves determining whether the stressor poses a threat. Secondary appraisal involves the individual's evaluation of the resources or coping strategies at his or her disposal for addressing any perceived threats.

Psychology: CUET Mock Test - 5 - Question 23

Save

An earthquake comes under which of the following types of stress?

- **A.** Social stress
- **B.** Physical and environmental stress

C. Self stress

D. None of the above

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 23

Exposure to earthquakes has been associated with psychological distress and in particular the development of post-traumatic stress disorder.

Psychology: CUET Mock Test - 5 - Question 24

Save

The measure of stressful life events was developed by:

A. Singh, Kaur and Kaur

B. Holmes and Rahe

C. Lazarus and Folkman

D. Das, Naglieri and Kirby

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 24

The Holmes and Rahe stress scale is a list of 43 stressful life events that can contribute to illness.

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Psychology: CUET Mock Test - 5 - Question 25

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T cells, B cells and Natural killer cells are kinds of_____

A. Red blood cells

B. White blood cell

C. Antibodies

D. Antigens

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 25

B-cells and T-cells are also called lymphocytes. There are primary and secondary organs involved in the complex development of lymphocytes but, in most cases, B- and T-lymphocytes are the generated in bone marrow and in the thymus.

Psychology: CUET Mock Test - 5 - Question 26

Save

_____ is a dynamic situation-specific reaction to stress.

- **A.** Exhaustion
- **B.** Coping
- **C.** Management of stress
- **D.** Dealing with stress

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 26

Coping is defined as what people do to try to minimize stress and is commonly seen in health psychology as problem-focused, that is, directed at reducing the threats and losses of the illness, or emotion-focused, namely directed at reducing the negative emotional consequences.

Psychology: CUET Mock Test - 5 - Question 27

Save

The problem-focused and emotion-focused coping responses were given by___

- **A.** Lazarus
- **B.** Folkman
- **C.** Lazarus and Folkman
- **D.** Endler and Parker

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 27

Folkman and Lazarus and co-workers distinguish eight groups of coping strategies: confrontative coping, distancing, self-controlling, seeking social support, accepting responsibility, escape-avoidance, planful problem- solving, and positive reappraisal.

Psychology: CUET Mock Test - 5 - Question 28

Save

Frustration results from

A. Incompatibility between two or more needs or motives

B. Blocking and needs/motives

C. Expectation from oneself and others

D. Excessive demands

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 28

Frustration originates from feelings of uncertainty and insecurity which stems from a sense of inability to fulfill needs. If the needs of an individual are blocked, uneasiness and frustration are more likely to occur.

Psychology: CUET Mock Test - 5 - Question 29 Save

Which of the following personality types is described as noisy, callous and fond of physical activity?

A. Endomorph

B. Ectomorph

C. Mesomorph

D. None of the above

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 29

Mesomorphs have large bone structure, well-defined muscles, broad shoulders, narrow waists, and attractive, strong bodies. According to Sheldon, mesomorphs are adventurous, assertive, competitive, and fearless. They are curious and enjoy trying new things, but can also be obnoxious and aggressive.

Psychology: CUET Mock Test - 5 - Question 30 Save

Who among the following saw personality as composed of three major systems, the Id, the ego and the super ego?

A. Carl Jung

B. Erik Erikson

C. Sigmund Freud

D. Erik Fromm

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 30

According to Freud's psychoanalytic theory, the id is the primitive and instinctual part of the mind that contains sexual and aggressive drives and hidden memories, the super-ego operates as a moral conscience, and the ego is the realistic part that mediates between the desires of the id and the super-ego.

Psychology: CUET Mock Test - 5 - Question 31

Save

The ego obeys the ___ principle.

- **A.** Pleasure
- **B.** Reality
- **C.** Moral
- **D.** Perfection

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 31

Freud argued that “an ego thus educated has become 'reasonable'; it no longer lets itself be governed by the pleasure principle, but obeys the reality principle, which also, at bottom, seeks to obtain pleasure, but pleasure which is assured through taking account of reality, even though it is pleasure postponed.

Psychology: CUET Mock Test - 5 - Question 32

Save

The method of reducing anxiety called _____ is to push the impulse out of awareness into the unconscious.

- **A.** Regression
- **B.** Repression
- **C.** Suppression
- **D.** Ration

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 32

Repression is a key concept of psychoanalysis, where it is understood as a defense mechanism that "ensures that what is unacceptable to the conscious mind, and would if recalled arouse anxiety, is prevented from entering into it."

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_____ have been devised as one method for uncovering unconscious motives.

- **A.** Inventory
- **B.** Projective tests
- **C.** Behavioural assessment
- **D.** Situational tests

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 33

In psychology, a projective test is a personality test designed to let a person respond to ambiguous stimuli, presumably revealing hidden emotions and internal conflicts projected by the person into the test.

Psychology: CUET Mock Test - 5 - Question 34 Save

_____refers to the characteristic patterns of behaviour and way of thinking that determine person's adjustment to his environment.

- **A.** Motivation
- **B.** Personality
- **C.** Development
- **D.** Thinking

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 34

Personality refers to individual differences in characteristic patterns of thinking, feeling and behaving. The study of personality focuses on two broad areas: One is understanding individual differences in particular personality characteristics, such as sociability or irritability.'

Psychology: CUET Mock Test - 5 - Question 35 Save

Who among the following psychologists has tried to describe personality in terms to

traits?

- **A.** Cattell
- **B.** G.W. Allport
- **C.** Eyesenck
- **D.** All of the above

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 35

Gordon Allport was an early pioneer in the study of traits. This early work was viewed as the beginning of the modern psychological study of personality. He also referred to traits within his work as dispositions.

Psychology: CUET Mock Test - 5 - Question 36 Save

Which of the following approaches of personality emphasizes on-going inter-actions among motives, impulses and psychological processes?

- **A.** Type and trait approaches
- **B.** Dynamic approach
- **C.** Learning and behavioural approaches
- **D.** None of these

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 36

The psychodynamic approach includes all the theories in psychology that see human functioning based upon the interaction of drives and forces within the person, particularly unconscious, and between the different structures of the personality.

Psychology: CUET Mock Test - 5 - Question 37 Save

The _____ consists of elaborate ways of behaving and thinking which constitute the 'executive function' of the person.

- **A.** Id
- **B.** Ego
- **C.** Superego

◯ **D.** Dream

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 37

The ego is 'that part of the id which has been modified by the direct influence of the external world.' The ego is the only part of the conscious personality. It's what the person is aware of when they think about themselves, and is what they usually try to project toward others.

Psychology: CUET Mock Test - 5 - Question 38 Save

Freud described _____ as the royal road to the unconscious

◯ **A.** Id

◯ **B.** Dreams

◯ **C.** Sex

◯ **D.** Aggressions

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 38

Sigmund Freud's theory of dreams suggests that dreams represent unconscious desires, thoughts, wish fulfillment, and motivations. According to Freud, people are driven by
repressed and unconscious longings, such as aggressive and sexual instincts.

Psychology: CUET Mock Test - 5 - Question 39 Save

Freud believed that if a child's needs at one of the psycho-sexual stages were either unsatisfied or over satisfied. _____ would take place.

◯ **A.** Identification

◯ **B.** Fixation

◯ **C.** Repression

◯ **D.** Pleasure

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 39

In general, a fixation is an obsessive drive that may or may not be acted on involving an object, concept, or person. Initially introduced by Sigmund Freud, a fixation is a persistent focus of the id's pleasure-seeking energies at an early stage of psychosexual development.

Psychology: CUET Mock Test - 5 - Question 40

Save

According to Jung _____ are inherited ways of organizing, or reacting to our experience with the world.

A. Collective unconscious

B. Archetypes

C. Personal unconscious

D. Complex

Detailed Solution for Psychology: CUET Mock Test - 5 - Question 40

According to Jung's teachings, the collective unconscious is common to all human beings. Jung also believed that the collective unconscious is responsible for a number of deep-seated beliefs and instincts, such as spirituality, sexual behavior, and life and death instincts.

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